

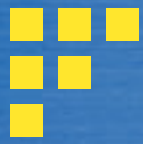


Holistic Nutrition for Total Body Health

NOAA EMPLOYEE WORKLIFE CENTER
Silver Spring, Maryland

October 18, 2006

Surina Ann Jordan, PhD



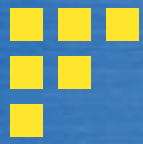
The Holistic Nature of Life

- Body
- Mind
- Spirit



The Holistic Nature of Life

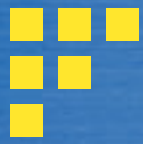
- Body, Mind and Spirit overlap
- You cannot separate them
- Attempts to separate appear successful



The Holistic Nature of Life

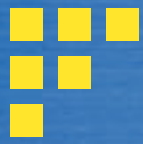
The result of this separation:

- An unprecedented amount of sickness and disease.
- An all out health crisis, with no end in sight.



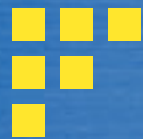
Why the sense of urgency?

- “the current paradigm is not working”
- Too much of the nation’s GNP is going towards treating sickness
- We used to get old and die
- We now get old, get sick and die



Why the sense of urgency?

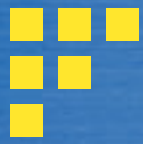
- We are living longer but we are going from one chronic disease to another.
- 80% of lifetime healthcare spending occurs in the final 2 years of life.
- We are terrified of Cancer and other diseases.



Why the sense of urgency?

- 70% of chronic diseases are lifestyle related.
- Guess who controls lifestyle?
- YOU!

YOU can prevent most diseases.



It's all about YOU!

- Caution

Things you hear and accept today will receive no positive reinforcement outside of this room.



It's all about YOU!

Book entitled:

Got Cancer? Congratulations!

Now you can start living.

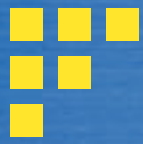
by Surina Ann Jordan

Available @ www.etlins.com or
www.Amazon.com



10 Habits of Highly Healthy People

1. They Stay in Charge
2. They Go Natural First, Pharmaceuticals Second
3. They Drink Plenty of Water
4. 70% of Their Diet Is Plant-based
5. They Eat Pure, Unprocessed Food
6. They Exercise Portion Control
7. They Limit Sweets and Alcohol and Don't Smoke
8. They Move
9. They Don't Eat Under Stressful Conditions
10. They Don't Hate



The Motivation To Change

Remembering Your Value

Caring for the Baby



Thank you

Surina Ann Jordan, PhD

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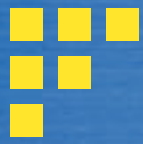
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